



2017 FALL BODY RESET: PALEO FOR ONE WEEK 2

MENU

DAY ONE

Southwest Scramble

Protein Lunch

Grilled Pork Tenderloin & Brussels Sprouts & Sweet Potatoes

Snacks: Fruit & Nuts/Avocado Tomato Salad

DAY TWO

Warm Pear Bowl

Pork & Vegetable Salad

Shrimp & Broccoli

Snacks: Fruit & Nut Butter/Hardboiled Eggs & Bell Pepper

DAY THREE

Smoothie

Shrimp Salad

Chipotle Chicken Soup

Snacks: Banana & Almond Butter/Avocado Tomato Salad

DAY FOUR

Southwest Scramble

Chipotle Soup

Orange Pork

Snacks: Ham & Broccoli/Fruit & Nut Butter

DAY FIVE

Warm Pear Bowl

Orange Pork with Broccoli

Egg, Ham & Brussels Salad

Snacks: Fruit & Nuts/Ham & Broccoli



2017 FALL BODY RESET: WEEK 2 PALEO FOR ONE PREP GUIDE

FOR THE WEEK

- 4 eggs, hardboiled
- 1½ lemons, zested & juiced (⅓ cup lemon juice, ½ Tablespoon zest)
- 1 cup cooked cauliflower rice * *see recipe below*
- ½ banana, peeled and sliced, frozen (for Day 3 smoothie)

DAY 1

- ¼ yellow onion, chopped (¼ cup)
- ¼ bell pepper, chopped (¼ cup)
- ¼ zucchini, chopped (½ cup)
- ⅔ pound brussels sprouts, halved (about 2½ cups)

DAY 2

- ¼ large head broccoli, small florets (1 cup)

DAY 3

- ½ bell pepper, halved or chopped
- ½ yellow onion, diced (½ cup)
- 1 bell pepper, diced (1 cup)
- ¾ zucchini, diced (1½ cups)

DAY 4

- ½ yellow onion, diced (½ cup)
- ¼ bell pepper, chopped (¼ cup)
- ¼ zucchini, chopped (½ cup)
- ½ head broccoli, chopped (2 cups)
- ½ cup broccoli florets
- ½ Tablespoon grated ginger, optional
- ⅓ cup orange juice (from 1½ oranges)

DAY 5

- ½ cup broccoli florets
- ⅓ pound brussels sprouts, sliced very thin (1½ cups)

Cauliflower Rice

¼ large head cauliflower, florets

2 Tablespoons chopped yellow onion

¼ garlic clove, minced

¼ teaspoon olive oil

Pinch of salt & pepper

Place cauliflower, onion, and garlic in a food processor and pulse until cauliflower is rice sized. Heat olive oil in a large skillet over medium heat and add contents of the food processor. Sauté about 5 minutes or until golden brown.

WEEK 2



PALEO FALL BODY RESET

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
pork tenderloins	6 pounds	3 pounds	1-1/2 pounds	\$30.00	
shrimp	4 pounds	2 pounds	1 pound	\$32.00	<i>peeled & deveined</i>
chicken breast	4 pounds	2 pounds	1 pound	\$16.00	
deli ham	2 pounds	1 pound	1/2 pound	\$16.00	
Fruits & Vegetables					
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
cauliflower	1 large head	1 head	1 head	\$2.50	
yellow onion	6	3	2	\$6.00	
bell pepper	10	5	3	\$10.00	<i>any color</i>
zucchini	5	3	2	\$5.00	
tomatoes	12	6	3	\$6.00	
cilantro	1 bunch	1 bunch	1 bunch	\$1.50	
avocado	8	4	2	\$8.00	
grapes	2-1/2 pounds	1-1/4 pounds	2/3 pound	\$7.00	
pears	12	6	3	\$6.00	
brussels sprouts	4 pounds	2 pounds	1 pound	\$8.00	
sweet potatoes	3-1/2 pounds	1-3/4 pounds	1 pound	\$5.25	
lemons	6	3	2	\$3.00	
banana	5	3	2	\$2.50	
arugula	8 ounces	4 ounces	2 ounces	\$3.00	
broccoli	4 heads	2 heads	1 head	\$8.00	
fresh ginger	2-3"	1-2"	1"	\$2.00	<i>need 2 Tablespoons grated</i>
oranges	5	3	2	\$2.50	<i>or 1-1/4 cups orange juice</i>
Misc.					
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
almonds	5-1/2 cups	2-3/4 cups	1-1/2 cups	\$16.50	
nuts (your choice)	1-1/2 cups	3/4 cup	1/2 cup	\$4.50	
pumpkin seeds	1 cup	1/2 cup	1/4 cup	\$2.00	
coconut milk	3.5 cups (28 fl oz)	2-1/4 cups	1-1/4 cups	\$4.00	
ground flax seeds	2 teaspoons	1 teaspoon	1/2 teaspoon	\$1.00	
cinnamon	1 teaspoon	1/2 teaspoon	1/4 teaspoon	\$0.50	<i>optional</i>
Ghee	2 Tablespoons	1 Tablespoon	1/2 Tablespoon	\$1.00	
almond butter	1-3/4 cups	1 cup	1/2 cup	\$9.00	
chipotle peppers	1-2	1	1	\$2.00	<i>canned, in adobo</i>
cashews	1/2 cup	1/4 cup	2 Tablespoons	\$2.50	
PANTRY INGREDIENTS					
olive oil	2 cups	1 cup	1/2 cup		
grapeseed oil	1/4 cup	2 Tablespoons	1 Tablespoon		
coconut oil					
balsamic vinegar	2/3 cup	1/3 cup	3 Tablespoons		
white wine vinegar					
chicken or veg broth	8 cups (64 fl oz)	4 cups (32 fl oz)	2 cups (16 fl oz)		
garlic cloves	15 cloves	8 cloves	4 cloves		
organic sea salt	3 teaspoons	1-1/2 teaspoons	3/4 teaspoon		
black pepper	2 teaspoons	1 teaspoon	1/2 teaspoon		
cayenne pepper					
paprika	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
dried oregano	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
herbes de provence	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon		
ground cumin	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon		
raw organic honey					
organic tomato paste					
Dijon mustard					
raw coconut aminos	3 Tablespoons	1-1/2 Tblspns	1 Tablespoon		
eggs	4 dozen	2 dozen	1 dozen		
coconut flour					



2017 FALL BODY RESET: PALEO FOR ONE WEEK 2

DAY 1

BREAKFAST: SOUTHWEST SCRAMBLE

1½ teaspoons olive oil
¼ yellow onion, chopped (¼ cup)
¼ bell pepper, chopped (¼ cup)
¼ zucchini, chopped (½ cup)
2 eggs, whisked
½ tomato, chopped
½ Tablespoon chopped cilantro
¼ avocado, sliced

1. Heat a non-stick skillet over medium heat. Add oil and onion and cook for 1 minute. Add bell pepper and zucchini and cook for about 3 minutes.
2. Add eggs and tomatoes and cook until eggs are about set.
3. Garnish with cilantro and avocado.

350kcal, 16g Protein, 15g Carb, 150mg Sodium, 6g Fiber, 390mg Cholesterol, 24g Fat, 4.5g Saturated, 6g Sugar, 4% Calcium, 10% Iron

MORNING SNACK: Fruit & Nuts

½ cup of grapes & ¼ cup of almonds

Snack: 160 kcal, 6g Protein, 6g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 13g Fat, 1g Saturated, 2 g Sugar, 8% Calcium, 6% Iron

LUNCH: Protein Lunch

2 hardboiled eggs
3 Tablespoons nuts
½ pear, sliced
⅓ cup grapes

Protein Lunch: 390kcal, 20g Protein, 28g Carb, 150mg Sodium, 6g Fiber, 440mg Cholesterol, 20g Fat, 3.5g Saturated, 18g Sugar, 6% Calcium, 6% Iron

AFTERNOON SNACK: Avocado Tomato Salad

½ avocado
½ tomato, diced
¾ teaspoon olive oil
¾ teaspoon balsamic vinegar
2 Tablespoons pumpkin seeds

Toss all ingredients together. Makes 2 servings for two days. **Save half for Day 3 afternoon snack or prepare half today and half on Day 3.**

1 serving = ¼ avocado, ¼ tomato, 1 Tablespoon pumpkin seeds, splash of oil and vinegar

Snack: 150 kcal, 4g Protein, 7g Carb, 5mg Sodium, 4g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 2 g Sugar, 2% Calcium, 6% Iron

All recipes make one serving unless otherwise noted



2017 FALL BODY RESET: PALEO FOR ONE WEEK 2

DINNER: Grilled Pork Tenderloin with Brussels Sprouts & Sweet Potatoes

For Brussels sprouts & sweet potatoes

- ¾ pound brussels sprouts, halved (about 2½ cups)
- ½ pound sweet potatoes, cut into small cubes
- 2 Tablespoons pumpkin seeds
- 1 Tablespoon olive oil
- ⅛ teaspoon organic sea salt
- ⅛ teaspoon black pepper

For grilled pork tenderloin

- 1½ pounds pork tenderloin
- 1½ Tablespoons lemon juice
- 1 Tablespoon olive oil
- 1 clove garlic, minced
- ¼ teaspoon Herbes de Provence
- ⅛ teaspoon organic sea salt
- ⅛ teaspoon black pepper

For balsamic glaze

- 2 Tablespoons low sodium chicken broth
- 2 Tablespoons balsamic vinegar

1. Heat oven to 400°F.
2. Toss brussels sprouts, sweet potatoes, and pumpkin seeds with oil, salt, and pepper. Put on a baking sheet and roast 20-25 minutes. **Save half for Lunch Day 2.**
3. Combine ingredients for pork and marinate at least 5 minutes.
4. Heat a large skillet over medium-high heat. Sear tenderloin on each side for about 2 minutes. Place on a sheet pan and roast in oven for about 15 minutes, turning occasionally, or until internal temperature reaches 145°F.
5. After tenderloin is seared and in oven prepare glaze. In a small saucepan over medium heat add broth and vinegar. Cook until reduced by half and serve with pork.
6. **Save 1 pound of tenderloin for Lunch Day 2 and Dinner Day 4.** Slice remaining tenderloin and serve with Brussels sprouts, sweet potatoes, and glaze.

Brussels Sprouts & Sweet Potatoes: 270kcal, 8g Protein, 34g Carb, 250mg Sodium, 9g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 8g Sugar, 8% Calcium, 8% Iron

Pork Tenderloin: 230kcal, 8g Protein, 2g Carb, 200mg Sodium, 0g Fiber, 110mg Cholesterol, 7g Fat, 1.5g Saturated, 1g Sugar, 2% Calcium, 10% Iron



2017 FALL BODY RESET: PALEO FOR ONE WEEK 2

DAY 2

BREAKFAST: WARM PEAR BOWL

½ banana, mashed
1 large egg
3 Tablespoons coconut milk
2 Tablespoons almonds, ground
¼ teaspoon ground flax seeds
½ pear, chopped
⅛ teaspoon cinnamon, optional
2 Tablespoons chopped almonds
¾ teaspoon Ghee

Place banana, eggs, and coconut milk in a small saucepan. Mash the banana and mix the liquids together. Whisk in the ground almonds and ground flax seeds. Stir continuously over medium heat for 1-2 minutes until mixture thickens and starts to bubble. Stir in pears and cinnamon. Top with nuts and ghee.

340 kcal, 13g Protein, 24g Carb, 90mg Sodium, 69g Fiber, 185mg Cholesterol, 22g Fat, 4.5g Saturated, 13g Sugar, 15% Calcium, 8% Iron

MORNING SNACK: Fruit & Nut Butter

1½ Tablespoons almond butter & ½ pear

200 kcal, 5g Protein, 20g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 11 g Sugar, 8% Calcium, 6% Iron

LUNCH: Pork & Vegetable Salad

½ pound cooked pork tenderloin * *from Dinner Day 1*
Brussels sprouts and sweet potatoes * *from Dinner Day 1*
¾ teaspoon lemon zest
¾ teaspoon olive oil
¾ teaspoon balsamic vinegar
1 ounce arugula (1 cup)

Toss all together.

Pork Vegetable Salad: 540kcal, 44g Protein, 38g Carb, 460mg Sodium, 10g Fiber, 110mg Cholesterol, 23g Fat, 4g Saturated, 11g Sugar, 15% Calcium, 20% Iron

AFTERNOON SNACK: Hardboiled Eggs & Bell Pepper

2 hardboiled eggs & ½ bell pepper

170 kcal, 14g Protein, 4g Carb, 135mg Sodium, 1g Fiber, 390mg Cholesterol, 9g Fat, 2g Saturated, 2g Sugar, 2% Calcium, 2% Iron



2017 FALL BODY RESET: PALEO FOR ONE WEEK 2

DAY 2

DINNER: Shrimp & Broccoli

For broccoli

½ Tablespoon olive oil
¼ large head broccoli, small florets (1 cup)
pinch of salt and pepper
½ tomato, chopped
2 Tablespoons chopped nuts

For shrimp

1 pound shrimp, peeled and deveined
1 Tablespoon olive oil
½ clove garlic, minced
Pinch each of sea salt and black pepper
2¼ teaspoons lemon juice

1. Heat oven to 375°F.
2. Toss broccoli with oil, salt, and pepper and place on a sheet pan. Roast in preheated oven about 10-15 minutes. Toss with tomatoes and nuts and serve with shrimp.
3. Toss shrimp with oil, garlic, salt, pepper, and lemon and place on a sheet pan. Roast in oven with broccoli for about 8 minutes. **Save half the shrimp for Lunch Day 3.** Serve remaining shrimp with broccoli.

Shrimp & Broccoli: 460kcal, 38g Protein, 19g Carb, 1460mg Sodium, 4g Fiber, 285mg Cholesterol, 27g Fat, 4.5g Saturated, 5g Sugar, 20% Calcium, 15% Iron



2017 FALL BODY RESET: PALEO FOR ONE WEEK 2

DAY 3

BREAKFAST: SMOOTHIE

- ¼ cup almonds, ground
- ½ banana (frozen if you'd like a thicker smoothie)
- 2 Tablespoons almond butter
- ½ cup coconut milk (4 fluid oz)
- ¾ cup ice

Blend until smooth.

Smoothie: 460kcal, 15g Protein, 31g Carb, 110mg Sodium, 9g Fiber, 0mg Cholesterol, 36g Fat, 8g Saturated, 13g Sugar, 20% Calcium, 10% Iron

MORNING SNACK: Banana & Almond Butter

- 1½ Tablespoons almond butter & ½ banana

Snack: 190 kcal, 5g Protein, 19g Carb, 50mg Sodium, 4g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 8g Sugar, 8% Calcium, 4% Iron

DAY 3

LUNCH: Shrimp Salad

- ½ pound cooked shrimp * *from Dinner Day 2*
- 1 tomato, chopped
- ½ avocado, diced
- ½ Tablespoon cilantro, chopped
- 1 teaspoon lemon juice
- ½ bell pepper, chopped or left whole to serve salad in

Combine all ingredients and serve in bell peppers if desired.

Shrimp Salad: 440kcal, 35g Protein, 23g Carb, 1370mg Sodium, 9g Fiber, 285mg Cholesterol, 25g Fat, 3.5g Saturated, 7g Sugar, 15% Calcium, 10% Iron

AFTERNOON SNACK: Avocado Tomato Salad

From Day 1

1 serving = ¼ avocado, ¼ tomato, 1 Tablespoon pumpkin seeds, splash of oil and vinegar

Snack: 150 kcal, 4g Protein, 7g Carb, 5mg Sodium, 4g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 2 g Sugar, 2% Calcium, 6% Iron



2017 FALL BODY RESET: PALEO FOR ONE WEEK 2

DAY 3

DINNER: Chipotle Chicken Soup

1 Tablespoon olive oil
½ yellow onion, diced (½ cup)
1 clove garlic, minced
¼-½ chipotle pepper, chopped
1 pound chicken breast, cubed
½ pound sweet potatoes, small cubes
1 bell pepper, diced (1 cup)
¾ zucchini, diced (1½ cups)
Pinch of organic sea salt
Pinch of black pepper
¼ teaspoon cumin
¼ teaspoon oregano
¼ teaspoon paprika
1¾ cups low-sodium chicken broth (14 fluid ounces)
1½ cups water (14 fluid ounces)
¾ teaspoon lemon zest
1 Tablespoon chopped cilantro
¼ avocado, diced

1. Heat a soup pot over medium heat and add oil, onion, and garlic and sauté for 1 minute. Add chipotle peppers and chicken and cook for 2-3 minutes.
2. Add the sweet potatoes for 2-3 minutes.
3. Add bell peppers, zucchini, salt, pepper, cumin, oregano, paprika, broth, and water and bring to a simmer; cook for 8-10 minutes.
4. **Save ⅓ of the soup. Serve half the reserved amount for Lunch Day 4 and freeze the other half for a later meal.**
5. Serve remaining soup with zest, cilantro, and avocado.

Chicken Chipotle Soup: 400kcal, 39g Protein, 24g Carb, 230mg Sodium, 7g Fiber, 110mg Cholesterol, 16g Fat, 2.5g Saturated, 6g Sugar, 6% Calcium, 10% Iron



2017 FALL BODY RESET: PALEO FOR ONE WEEK 2

DAY 4

BREAKFAST: SOUTHWEST SCRAMBLE

1½ teaspoons olive oil
¼ yellow onion, chopped (¼ cup)
¼ bell pepper, chopped (¼ cup)
¼ zucchini, chopped (½ cup)
2 eggs, whisked
½ tomato, chopped
½ Tablespoon chopped cilantro
¼ avocado, sliced

1. Heat a non-stick skillet over medium heat. Add oil and onion and cook for 1 minute. Add bell pepper and zucchini and cook for about 3 minutes.
2. Add eggs and tomatoes and cook until eggs are about set.
3. Garnish with cilantro and avocado.

350kcal, 16g Protein, 15g Carb, 150mg Sodium, 6g Fiber, 390mg Cholesterol, 24g Fat, 4.5g Saturated, 6g Sugar, 4% Calcium, 10% Iron

MORNING SNACK: Ham & Broccoli

3 ounces deli ham & ½ cup broccoli florets

120 kcal, 16g Protein, 8g Carb, 1250mg Sodium, 1g Fiber, 40mg Cholesterol, 2.5g Fat, 0g Saturated, 6g Sugar, 2% Calcium, 8% Iron

LUNCH: Chipotle soup

Chipotle chicken soup, heated * *from Dinner Day 3*

1 Tablespoon chopped cilantro
¼ avocado, diced

Serve soup garnished with avocado and cilantro.

Chicken Chipotle Soup: 400kcal, 39g Protein, 24g Carb, 230mg Sodium, 7g Fiber, 110mg Cholesterol, 16g Fat, 2.5g Saturated, 6g Sugar, 6% Calcium, 10% Iron

AFTERNOON SNACK: Fruit & Nut Butter

1½ Tablespoons almond butter & ½ pear

200 kcal, 5g Protein, 20g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 11 g Sugar, 8% Calcium, 6% Iron



2017 FALL BODY RESET: PALEO FOR ONE WEEK 2

DAY 4

DINNER: Orange Pork

1 Tablespoon grapeseed or sesame oil
¼ yellow onion, diced (¼ cup)
½ clove garlic, minced
½ Tablespoon grated ginger, optional
½ head broccoli, chopped (2 cups)
½ cup orange juice (from 1½ oranges)
2¼ teaspoons raw coconut aminos
¾ pound cooked pork tenderloin, diced * **from Dinner Day 1**
Pinch of black pepper
½ cup cooked cauliflower rice, warmed * *see prep guide*
2 Tablespoons crushed cashews

1. Heat a non-stick skillet over medium heat and add oil, onion, garlic, and ginger and cook for 1 minute.
2. Add broccoli and cook for 1-2 minutes then add orange juice and coconut aminos. Cook until liquid has reduced by a third.
3. Add pork and pepper and stir until heated through. Garnish with cashews.
4. **Save half for Lunch Day 5.** Serve remaining orange pork over warm cauliflower rice.

Orange Pork: 440kcal, 42g Protein, 24g Carb, 480mg Sodium, 5g Fiber, 110mg Cholesterol, 20g Fat, 3.5g Saturated, 10g Sugar, 10% Calcium, 20% Iron



2017 FALL BODY RESET: PALEO FOR ONE WEEK 2

DAY 5

BREAKFAST: WARM PEAR BOWL

½ banana, mashed
1 large egg
3 Tablespoons coconut milk
2 Tablespoons almonds, ground
¼ teaspoon ground flax seeds
½ pear, chopped
⅛ teaspoon cinnamon, optional
2 Tablespoons chopped almonds
¾ teaspoon Ghee

Place the banana, eggs and coconut milk in a saucepan. Mash the banana and mix the liquids together. Whisk in the ground almonds and ground flax seeds. Continuously stir the ingredients over medium heat for 2-3 minutes until mixture thickens and starts to bubble. Stir in pears and cinnamon. Top with nuts and ghee.

340 kcal, 13g Protein, 24g Carb, 90mg Sodium, 69g Fiber, 185mg Cholesterol, 22g Fat, 4.5g Saturated, 13g Sugar, 15% Calcium, 8% Iron

MORNING SNACK: Fruit & Nuts

½ cup of grapes & ¼ cup of almonds

Snack: 160 kcal, 6g Protein, 6g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 13g Fat, 1g Saturated, 2 g Sugar, 8% Calcium, 6% Iron

LUNCH: Orange Pork with Broccoli

Orange pork * *from Dinner Day 4*
½ cup cooked cauliflower rice * *see prep guide*
1 ounce arugula (1 cup)

Toss together.

Orange Pork: 440kcal, 42g Protein, 24g Carb, 480mg Sodium, 5g Fiber, 110mg Cholesterol, 20g Fat, 3.5g Saturated, 10g Sugar, 10% Calcium, 20% Iron

AFTERNOON SNACK: Ham & Broccoli

3 ounces deli ham & ½ cup broccoli florets

120 kcal, 16g Protein, 8g Carb, 1250mg Sodium, 1g Fiber, 40mg Cholesterol, 2.5g Fat, 0g Saturated, 6g Sugar, 2% Calcium, 8% Iron



2017 FALL BODY RESET: PALEO FOR ONE WEEK 2

DAY 5

DINNER: Egg Ham & Brussels Salad

2 hardboiled eggs, chopped
½ pound brussels sprouts, sliced very thin (1½ cups)
2 ounces deli ham, diced
2 Tablespoons chopped almonds
1½ Tablespoons lemon juice
½ Tablespoon olive oil
pinch of organic sea salt and pepper

½ pear, sliced

Toss salad ingredients together and serve with sliced pears.

Egg & Brussels Salad: 470kcal, 30g Protein, 23g Carb, 1050mg Sodium, 6g Fiber, 250mg Cholesterol, 27g Fat, 5g Saturated, 12g Sugar, 6% Calcium, 10% Iron